

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SCHOOL BRANCH  
OLD SECRETARIAT: DELHI-110054

No.F DE.23 (386)/Sch.Br./2020/ 459

Dated: 13/7/2020

CIRCULAR

**Sub:- Regarding "World No Tobacco Day".**

As per World Health Organization(WHO) smoking is one of the risk factors and conditions that make people more vulnerable to becoming severely ill with COVID-19. Also, smokeless tobacco users have a tendency to spit in public places, as these products increase production of saliva followed by a very strong urge to spit increasing health risks especially those of spreading contagious diseases like COVID-19, Tuberculosis, Swine flu etc.

In compliance of the enclosed D.O. letter dated 30.05.2020 received from Secretary, Health & Family Welfare Department (Health & FW), Govt. of NCT of Delhi, all Heads of Govt., Govt. Aided & Un-aided Recognized schools under Directorate of Education are directed to follow the guidelines mentioned below :-

1. To circulate the IEC material (attached) among all the students through available mode of communication i.e. Whatsapp message or e-mail.
2. To organize online competitions & or give assignments to the students like drawing, slogan making etc. with different themes like COVID-19 & Tobacco, Harmful effects of tobacco on health, environment etc.
3. Organize online pledge taking ceremony with the (attached) content among the students, staff & parents of the schools where online facility/platform is available.
4. The reports of the activities, clearly stating the activities undertaken and no. of participants, alongwith photographs should be submitted to Zonal DDEs.

The DDE (District) will select the best three entries for each activity from their concerned district. The consolidated online report in excel file (in given format) alongwith softcopy of photographs (Zip file) of the selected entries may be sent to School Branch at [schbranch@hotmail.com](mailto:schbranch@hotmail.com) by **31<sup>st</sup> July 2020** for onwards submission to concerned department.

FORMAT

Sl.No.	Name/s of the activity	No. of schools participated	No. of students participated



This issues with approval of the Competent Authority.

Encl: As above

*Chitra*  
13/07/2020  
DDE(SCHOOL)

All Heads of Govt., Govt. Aided & Un-aided Recognized Schools under Directorate of Education through DEL-E

No.F DE.23 (386)/Sch.Br./2020/ 459

Dated: 13/7/2020

Copy to:

1. PS to Secretary (Education).
2. PA to Director (Education).
3. All RDEs and DDEs (District/Zone) to ensure compliance.
4. System Analyst (MIS) for uploading on MIS.
5. Guard file.

*Arshini*  
13/07/2020  
OSD(SCHOOL)





सत्यमेव जयते

To be discussed with 20/5/20  
Add. Secy

**Padmini Singla, IAS**  
**पद्मिनि सिंगला, भा.प्र.से.**  
**SECRETARY (HEALTH & FW)**  
**सचिव (स्वास्थ्य व परिवार कल्याण)**

राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार  
Government of National Capital Territory of Delhi  
स्वास्थ्य एवं परिवार कल्याण विभाग  
Health & Family Welfare Department  
दिल्ली सचिवालय, आई. पी. इस्टेट, नई दिल्ली-110 002  
Delhi Secretariat, I.P. Estate, New Delhi-110 002  
TEL : 011-2339 2017, Fax : 011-2339 2464  
E-mail : pshealth@nic.in

D.O. No. 73/STCC/LA./DHS/2019-20/PH/24460/9370

Dated / दिनांक : 30/05/2020.

Check attachment  
not enclosed with  
this letter

addl. DE Secy. / >> (sch)

Dear Ma'am,

11/6/2020

Tobacco use is the single largest preventable cause of disease, disability & premature death and major threat to present and future health of any population. The global tobacco epidemic kills nearly 70 lakh people each year, of which 13 lakh people die in India alone. Global Adult Tobacco Survey-2 (2016-17) revealed that 28.6 percent (266.8 million) of adults in India & 17.8% adults in Delhi currently use tobacco in some form. Tobacco use is a major risk factor for Cancer, Cardiovascular Diseases (CVD), Diabetes, Chronic Lung Disease, stroke, infertility, blindness, Tuberculosis (TB), Oral Cavities etc. **As per World Health Organization (WHO) smoking is one of the risk factors and conditions that make people more vulnerable to becoming severely ill with COVID-19.** Also, smokeless tobacco users have a tendency to spit in public places, as these products increase production of saliva followed by a very strong urge to spit increasing health risks especially those of spreading contagious diseases like COVID-19, Tuberculosis, Swine flu etc.

Every year World No Tobacco Day is celebrated on **31<sup>st</sup> May**. This year since the whole world is fighting the battle against COVID-19, it is important to make our children aware regarding the relation of tobacco use in the transmission and severity of COVID-19.

This year's WHO theme for World No Tobacco Day 2020 is "Protecting youth from industry manipulation and preventing them from tobacco and nicotine use. " Children are the most naïve targets of tobacco companies which use different tactics and strategies to trap youth and young children. To protect our children from the tobacco company manipulations is the foremost important matter for us.

It has been more than 2 months since schools have been shut but most of the schools have developed innovative ways of teaching through online modes.

In this regard, it is requested to issue instructions to all the Pvt. & Govt. schools which are teaching or sending assignments via online modes to the students to:

1. Circulate the IEC material (attached) among all the students for the fortnight campaign starting from 31/05/2020 to 13/06/2020.

(contd....2/-)

4198/DE  
12/06/20

627/SE/VIP  
10/6/2020

DE

11/6

911/DE/SCM  
12/6/20

Ms. Bhatnagar  
15/6/2020

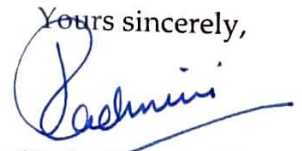
346/c  
349/c

:: 2 ::

2. To organize online competitions & or give assignments to the students like drawing, slogan making etc. with different themes like COVID-19 & Tobacco, Harmful effects of tobacco on health, environment etc.
3. Organize online pledge taking ceremony with the (attached) content among the students, staff & parents of all the schools.
4. Reports of the above activities along with photographs should be sent to ntcpdhs@delhi.gov.in.

Education Department has always supported the Health Dept. in implementing Cigarettes and other Tobacco products Act, 2003 (COTPA 2003) which is highly appreciated. Further your support will help in effective implementation of COTPA 2003 & also in preventing COVID-19.

*Warm Regards,*

Yours sincerely,  
  
(Padmini Singla)

**Ms. Manisha Saxena, IAS,**  
**Secretary (Education)**  
Govt. of NCT of Delhi  
Old Secretariat  
Delhi - 110 054



348/c

# COVID-19: TOBACCO USE AND VAPING

## SMOKING

Smoking cigarettes/*bidis*/*kreteks*/*sheesha* and other forms of smoking products can increase your chances of getting COVID-19 by:

Transferring the virus by bringing your hands to your mouth



Smoking damages lungs, heart and other body parts and may increase your risk of getting a severe case of COVID-19.

## VAPING

Vaping makes lungs more vulnerable to infection and disease. It also weakens the immune system.



## SHEESHA

Sharing tobacco products such as waterpipe/*sheesha*/*hukka* can transmit the virus between people.

The *sheesha* apparatus (including the hose and chamber) itself may contribute to this risk by providing an environment that promotes the survival of the virus outside the body, as it is not cleaned often in social and community settings.



## SMOKELESS TOBACCO AND BETEL NUT CHEWING

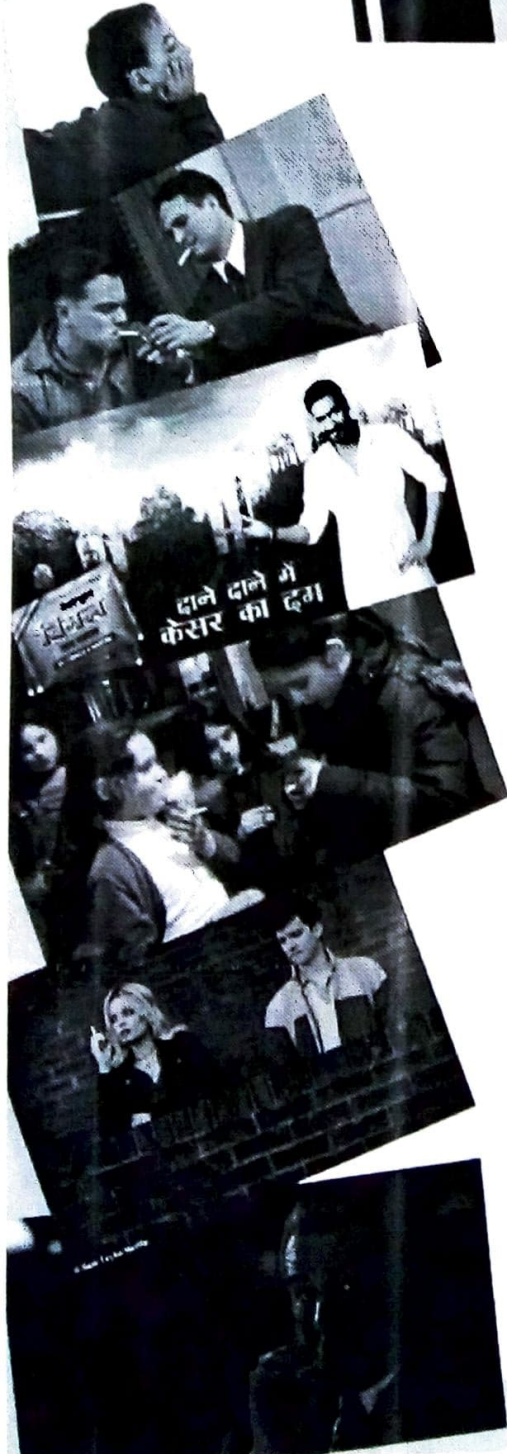
Chewing smokeless tobacco (*khaini*, *zarda*, *gutka*, *paan* and *paan masala* with tobacco) and areca nut (*supari*) increase saliva production and enhances the urge to spit repeatedly.

Spitting in public places could increase the spread of COVID-19.

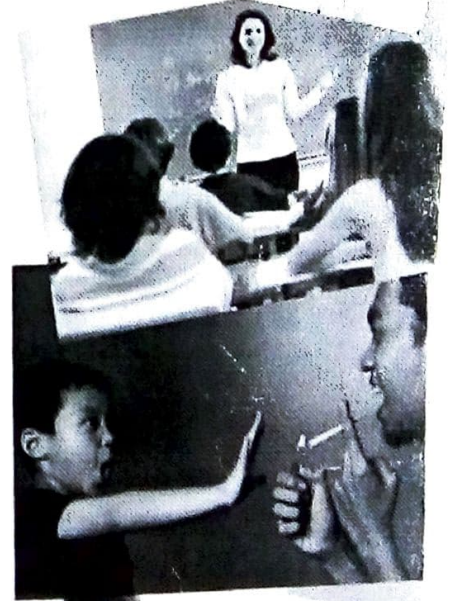


QUIT NOW – IT IS NEVER TOO LATE TO QUIT!





लॉकडाउनमें घर पर रहकर  
 बच्चे हो रहे हैं बोर,  
 ऑनलाइन सीरीज़ और  
 टीवी देखकर सीख रहे हैं  
 कुछ और,  
 हीरो टीवी पर आकर कर रहे  
 हैं धूम्रपान,  
 खुद को हीरो समझकर न  
 फ़सा लेना अपनी जान,  
 कम्पनी अपने फ़ायदे के लिए  
 कर सकती है कुछ भी,  
 समझ कर बच्चों इनकी  
 चालाकी समजदार बनना  
 तुम भी।



## PLEDGE- ENGLISH

I pledge to never smoke, or consume, any type of tobacco product.

I pledge to motivate, my family and friends, to not smoke, or use any tobacco product.

I pledge to keep my school, tobacco-free, and also pledge, to motivate my colleagues for the same.

## PLEDGE- HINDI

मैं यह शपथ लेता / लेती हूँ, कि मैं कभी भी धूम्रपान, व् अन्य किसी भी प्रकार के तम्बाकू उत्पादों, का सेवन नहीं करुगा/करुँगी



अवं अपने परिवार के लोगों, और रिश्तेदारों, को भी धूम्रपान, व् अन्य किसी भी प्रकार के तम्बाकू, उत्पादों का सेवन, नहीं करने के लिए प्रेरित करूँगा/करूँगी।

में, अपने विद्यालय परिसर को, तम्बाकू मुक्त रखूँगा/ रखूँगी, और अपने साथियों को भी ऐसा करने के लिए प्रेरित करूँगा/करूँगी।